

RTTUZYUW RUCOSGG0247 0771300-UUUU--RUCOSUU.
ZNR UUUUU
081300Z MAR 93 ZYB
FM COMNAVSAFECEN NORFOLK VA//O/FLLE//
TO ALSAFE
BT

UNCLAS //N05100//
MSGID/GENADMIN/COMNAVSAFECEN/00/MAR//
SUBJ/FATALITIES RELATED TO PHYSICAL STRESS//
REF/A/LTR/NAVSAFECEN/27OCT92//
REF/B/DOC/OPNAVINST 5100.21A/20MAY91//
REF/C/DOC/OPNAVINST 3750.6Q/28AUG89//

RMKS/1. THE NUMBER OF DEATHS ATTENDANT TO PHYSICALLY STRESSFUL ACTIVITIES SUCH AS PRT IS ON THE INCREASE. IN THE PAST WE HAVE CLASSIFIED THESE AS "NATURAL CAUSE" DEATHS AND NOT TRACKED THEM IN THE SAFETY CENTER DATA BASE. HOWEVER, A REVIEW OF THE DATA SHOWS THAT OVER THE PAST EIGHT YEARS AT LEAST 44 DEATHS HAVE BEEN PHYSICAL TRAINING RELATED AND 74 WERE PROBABLY PHYSICAL STRESS RELATED.

2. THE SAFETY CENTER HAS TAKEN A CLOSER LOOK AT RECENT PRT DEATHS AND IN SOME CASES ASKED FOR A 72-HOUR PERSONAL PROFILE. WE ARE ALSO LOOKING AT MORE THAN 450 HEART ATTACK AND 80 OTHER STRESS RELATED DEATHS OVER THE PAST SEVERAL YEARS IN AN ATTEMPT TO IDENTIFY RELEVANT INDICATORS. BUMED'S ENDORSEMENT OF A JAG INVESTIGATION INTO A SENIOR OFFICER'S SUDDEN CARDIAC DEATH (SCD) EMPHASIZES THE NEED TO REVIEW SUCH DEATHS AND PROVIDE THE INFORMATION FROM OUR STUDY TO THE FLEET AS SOON AS POSSIBLE.

3. THIS ISSUE HAS ALSO BEEN DISCUSSED WITH THE ARMY AND AIR FORCE. THE AIR FORCE FELT THE PROBLEM WAS SO SIGNIFICANT THEY CHANGED THE WAY THEY CONDUCT THEIR PRT. THEY CONSTANTLY MONITOR AN INDIVIDUAL'S CARDIOVASCULAR STRESS DURING PRT AND PLACE THOSE WHO FAIL ON A CARDIOVASCULAR IMPROVEMENT PROGRAM. THE ARMY IS ANALYZING THEIR DATA TO DETERMINE WHAT THEY TOO CAN DO TO LESSEN THE RISK. AFTER A RECENT BRIEF TO THE CNO ON THE SUBJECT, THE NAVY'S EXECUTIVE STEERING COMMITTEE (ESC) DIRECTED A POA&M BE DEVELOPED TO REPLACE THE CURRENT NAVY PRT PROGRAM WITH ONE SIMILAR TO THE AIR FORCE'S. ADDITIONALLY, THE CNO ESC DIRECTED THAT THE LESSONS LEARNED FROM ANALYSIS OF SERIOUS SAFETY INCIDENTS AND FATALITIES BE INCLUDED IN THE PCO/PXO CURRICULA. THIS WILL INCLUDE LESSONS LEARNED FROM THE ANALYSIS OF 72 HOUR PROFILES.

4. ALTHOUGH GENERAL RISK FACTORS ARE WELL KNOWN, WE MUST LOOK FOR SPECIFIC INDICATORS WHICH WILL IDENTIFY HIGH RISK PERSONNEL PRIOR TO THEIR PARTICIPATING IN PHYSICALLY STRESSFUL EVOLUTIONS SUCH AS THE PRT. THIS SAME INFORMATION CAN BE USED TO INFORM NAVY PERSONNEL OF THE DANGER THEY FACE FROM LACK OF EXERCISE AND DISREGARD OF WARNING SIGNALS. IN ORDER FOR US TO RECOGNIZE THESE COMMON

INDICATORS, IDENTIFY RISK, STIMULATE DEBATE, AND DISSEMINATE AWARENESS INFORMATION, THE SAFETY CENTER IS TARGETING PHYSICAL STRESS RELATED FATALITIES AS A NAVSAFECEN INVESTIGATIVE INITIATIVE.

5. IN RESPONSE TO THE CNO DIRECTIVE WE NEED TO ESTABLISH A DATA BASE OF ADDITIONAL STATISTICAL INFORMATION. THIS INFORMATION WILL BE DERIVED FROM THE 72 HOUR PERSONAL PROFILE. THE MORE THOROUGH THE INVESTIGATIVE EFFORTS - THE MORE EFFECTIVE OUR IDENTIFICATION OF THE RISK INDICATORS.

6. ALL COMMANDS ARE TO COMMENCE GATHERING 72-HOUR PERSONAL PROFILE INFORMATION ON NATURAL CAUSE DEATHS OCCURRING DURING OR WITHIN 6 HRS OF COMPLETING COMMAND DIRECTED PRT, PHYSICAL EXERCISE, OR EVOLUTIONS INVOLVING PHYSICAL STRESS. IF A DEATH IS RELATED TO FORMAL WORK OR PRT, AND THERE ARE NO EXTENUATING CIRCUMSTANCES, THEN IT IS CONSIDERED AN "ON-DUTY OCCUPATIONAL" MISHAP NOT REQUIRING A HEADQUARTER'S COMMAND INVESTIGATION. THIS INFORMATION WILL NOT AFFECT DEATH BENEFITS RESULTING FROM A JAG INVESTIGATION. TRAINING RELATED DEATHS STILL REQUIRE A HEADQUARTERS COMMAND SAFETY INVESTIGATION UNTIL IT IS DETERMINED THAT THE DEATH WAS NOT RELATED TO THE TRAINING.

7. THE FOLLOWING PROCEDURES APPLY:

A. COMMANDS WILL INITIALLY REPORT THESE FATALITIES VIA AN OPREP-3.

B. WITHIN 30 CALENDAR DAYS OF THE FATALITY, PROVIDE A MISHAP MESSAGE REPORT TO NAVSAFECEN (CODE 41). USE THE FORMAT IN REF (A) (ENCL (1) APPENDIX 14F) OR REF (B) (ENCL (6) (USED BY SHORE AND AFLOAT ACTIVITIES RESPECTIVELY)) TO REPORT THESE FATALITIES.

C. PROVIDE THE FOLLOWING INFORMATION AFTER THE MISHAP REPORT NARRATIVE:

(1) FOR THE 72-HOUR PERIOD IMMEDIATELY PRECEDING THE MISHAP:

- LEAVE OR LIBERTY STATUS.
- TYPE OF ACTIVITY- OR WORK PERFORMED AND WORK SCHEDULE.
- PERIODS OF REST AND SLEEP.
- TRAVEL AND RECREATIONAL ACTIVITIES.
- MEDICATIONS PRESCRIBED AND TAKEN.
- ALCOHOL OR OTHER DRUG USE (PRESCRIPTION, NONPRESCRIPTION AND ILLEGAL) .

- DESCRIBE ANY PHYSICAL STRESS.

(2) ADDITIONAL INFORMATION AS FOLLOWS:

- GENERAL PHYSICAL CONDITION, INCLUDING VIRAL INFECTIONS, PHYSICAL ANOMALIES, RECENT CHRONIC FATIGUE, HYPERTENSION, DIABETES, SIGNIFICANTLY ELEVATED CHOLESTEROL, OR OTHER MEDICAL PROBLEMS.

- MENTAL AND EMOTIONAL STATE INCLUDING PERCEIVED STRESS AND BEHAVIOR CHANGES (BASED ON OBSERVATIONS OF CO-WORKERS, FRIENDS AND FAMILY).

- SMOKING HABITS, PAST AND PRESENT.

- MEAL TIMES AND TYPE OF FOOD AND LIQUIDS CONSUMED (IF KNOWN) DURING PREVIOUS 48 HOURS. SPECIFICALLY, HYDRATION-THE TYPE OF LIQUIDS AND QUANTITY CONSUMED WITHIN TWO HOURS PRIOR TO DEATH.

- FORWARD HARD COPIES OF AUTOPSY AND TOXICOLOGY REPORT.

- PERSONAL AND FAMILY HISTORY OF HEART DISEASE.

- HEIGHT, WEIGHT, PERCENT BODY FAT, AND ANY RISK FACTORS ADDRESSED IN LAST TWO PRT SCREENINGS.

- HISTORY OF PHYSICAL CONDITIONING PROGRAM; WHAT AND HOW OFTEN.

- ATTITUDE AND PHYSICAL DEMEANOR PRIOR TO DEATH.

- ENVIRONMENT/WEATHER ACTIVITY WAS CONDUCTED IN.

- TIME FROM START AND END OF ACTIVITY TO ONSET OF FIRST SYMPTOMS.

- ANY OTHER INFORMATION AVAILABLE.

-POINT OF CONTACT.

NOTE: REF (C), PAGE N-48, CAN HELP DEVELOP A CHRONOLOGICAL ACCOUNT OF ACTIVITIES OF PREVIOUS 72 HOURS. A COPY IS AVAILABLE FROM THE NAVAL SAFETY CENTER.

8. THIS DATA WILL BE USED TO DEVELOP COMMAND AND INDIVIDUAL AWARENESS OF THE DANGERS AND DANGER SIGNALS ASSOCIATED WITH PHYSICAL STRESS AND SCD. THIS IS THE KNOWLEDGE THE COMMAND NEEDS TO ASSESS THEIR PERSONNEL'S PHYSICAL CONDITION PRIOR TO DIRECTING OR ALLOWING PERSONNEL TO PARTICIPATE IN PHYSICALLY STRESSFUL ACTIVITIES.//

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